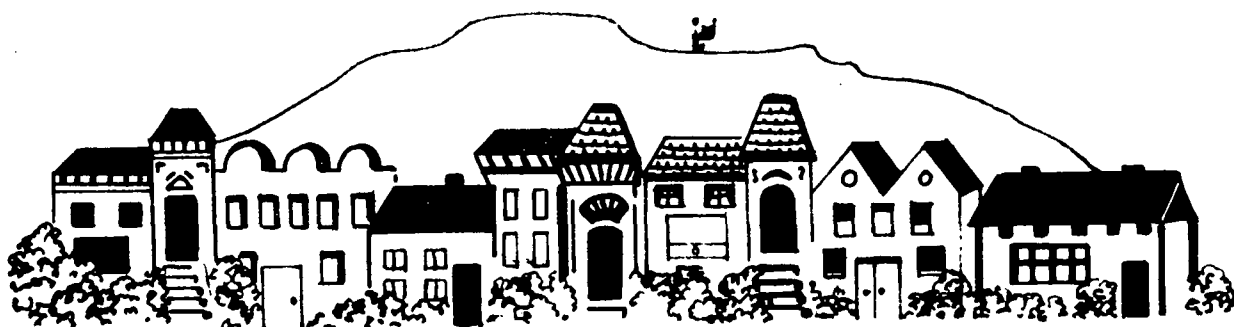
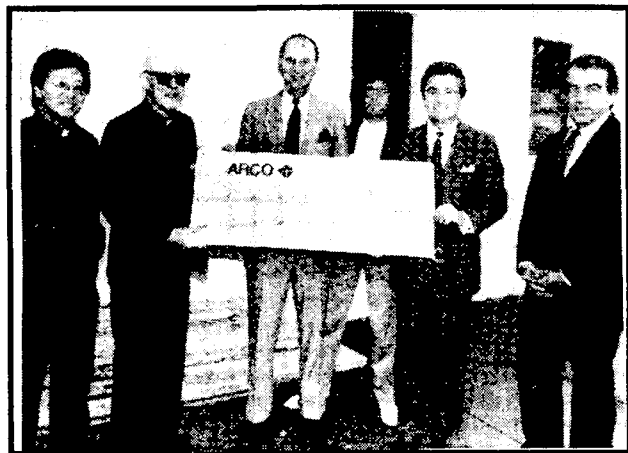




BERNAL JOURNAL

April / May 1989

Volume 26 No. 2



Senator Quentin Kopp and ARCO Officials Present \$2000 check to Father James O'Malley of St. Kevins.

ARCO Gives Grant to St. Kevins

State Senator Quentin L. Kopp (I-San Francisco, San Mateo County) announced that he has obtained a \$2,000 grant from ARCO, Inc. to help fund a summer academic and recreational program for children in the Bernal Heights and Mission districts of San Francisco.

The month-long academic and recreational summer program is operated by St. Kevin's Church and School in Bernal Heights. Activities include educational field trips and recreational outings.

"I am delighted to have helped secure needed funds for such a well-deserving program," said Kopp, who recommended that ARCO help fund the St. Kevin's program and several others in 8th Senatorial District. "St. Kevin's is well-known in San Francisco for its long tradition of excellent community service."

In a brief check-presenting ceremony at the St. Kevin's rectory, Kopp was joined by Rick Melendez, ARCO's governmental relations manager for California, and Stephen Schrader, manager of the regional office of ARCO Products Co. The check was accepted by Father James E. O'Malley, pastor of St. Kevin's parish.

Bernal Neighbors Meet Yourselves

By Lynn Scott

How about a June festival in the parks behind the library where neighbors can learn about each other and about programs offered at the Recreation Center for all age kids, their parents, and older folks?

How about a festival where you can have your own booth to show and sell what you or your organization makes or what it does? A festival where you can sample an ethnic rainbow of foods, listen to unamplified music by the neighborhood musicians, and take part in the seedling of a new flower garden behind the library, sponsored by S.L.U.G. (San Francisco League of Urban Gardeners)? Where you can dance a variety of dances or sing familiar songs? Where you can find just the right civic organization in which to work to improve the quality of life here on our Hill?

Third Annual Community Congress a Winner!

by Helen Helfer
Executive Director, BHCF

On Saturday, March 11th, over 100 Bernal Heights residents from all parts of the community met at the Neighborhood Center for the Third Annual Community Congress to talk about issues, develop action plans, and elect a new Board of Directors.

Five New Board Members Elected

Five new members from our community were elected, broadening our ethnic diversity and bringing in people with new energy and commitment to meeting the needs of our diverse neighborhood.

Following are excerpts from each of the new member's biographies:

Bill Sorro: Bill has lived in Bernal most of his life.



He's been active in labor and community issues for years, fought to save the International Hotel for low income housing as well as Manilatown. He helped form a Rank and File organization, "Ironworkers for Union Democracy," whose purpose was to bring more minorities and women into the Building Trades Unions. As Bill said, "I hope my experience in labor and community will add to the ongoing work of the BHCF and our community, keeping Bernal a working class neighborhood for all races."

Mauricio Vella: Mauricio is a new neighbor who works at the Jamestown Community Center as a program director of the youth employment programs. He wants to be on the Board because "there



The purpose of the Festival will be to have neighbors meet in a safe and happy place to have fun; to bring new life to our important central park in the heart of our community; to help create new needed programs for all ages, and fill the ongoing ones at the Recreation Center; and to obtain the long-promised outdoor lighting on the playground so the park can be used by young and old throughout the warm seasons.

From beginning to end this will be a community project. Even the planning will be fun. If you want to see it happen, your energy is required, so call the Center at 648-0330 and leave your name and number. Someone from the steering committee will call your right back.

Let's make the Hill even more wonderful as a place to live and raise families. Come on board.

is a need to get more people of color involved in the Center's activities. There also exists a need to develop youth services, an area I feel I can contribute tremendously."

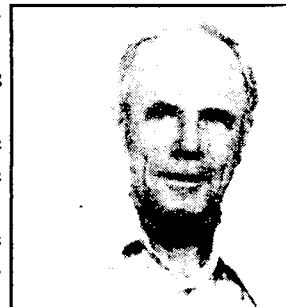
Mauricio's main goals are to recruit more ethnic minorities to sit on the Board and Committees; develop more youth programs; and have the Library Park's children area designated a "children's only" area during day-time hours and enforce this rule.

Reverend Harold L. Franklin: Reverend Franklin



has lived in Bernal since 1958 and "has seen it's growth and it's decline." His primary concerns are "affordable housing for the elderly and less fortunate and helping the young adults and the youth continue their schooling and find employment." Reverend Franklin is an Assistant Pastor at the Shiloh Missionary Baptist Church where he has served for twenty-two years.

Alan Bruce: Alan has lived on Banks Street in Bernal since 1984. He's been active on the Bernal Planning Committee which is coming up with alternatives to Maher's downzoning legislation. He's active in the Bernal Heights Democratic Club and past President of Innovative Housing, a non-profit organization aimed at preventing homelessness which creates and manages communal housing primarily for low income persons. Alan wants to serve on the Board to further conservation of existing affordable housing, playgrounds, community gardens, open space, job programs, youth programs as determined by youth, outreach and empowerment to new immigrants and all ethnic groups, and the building of a mass base for BHCF, block by block.



Miguel Vasquez: Miguel lives on Precita Street, and is a full-time Spanish Instructor at San Francisco City College. As he said, "I have always been involved in the community where I live, and look forward to the opportunity of serving on the Bernal Heights Board." Miguel has worked at the Mission Language and Vocational School, and currently tutors black teenagers at the Yori Wada Educational Program in the Western Addition. His involvement with the Bernal Heights Community Foundation has been through the Hispanic Outreach Committee.



continued on page 3

NEW BERNAL JOURNAL

515 Cortland Ave.
San Francisco, CA 94110
(415) 648-0330

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and not necessarily those of the Community Foundation.

Deadline for the June/July issue is May 1. We reserve the right to edit for clarity or space.

The next Advisory Board meeting is 6:30, April 3 in the *Bernal Journal* office, 515 Cortland Avenue.

Circulation for this issue: 8,000

New Bernal Journal Staff/Volunteers

Editor: Gail Corbitt
Copy Editor: Emma Torres
Youth Page Editor: Eileen Dizon
Advisor: Barbara Bagot
Production Manager: Kay Daly
Movie Reviewer: Don Gible
Youth Staff: Inez Rosa, Ericha Dominguez, Annalis O'Neil, Alexis O'Neil
Production Crew: Bob Dutra, Youth Staff
Layout and Design: ZesTop Publishing
Advertising: Gail Corbitt
Data Processing: Youth Staff
Distribution: Diane Ross, Steve Antonaros, and a cast of hundreds!
Photography: Anthony Singleton, Warren Rose

Advertising: 648-0330

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Bernal Heights Community Foundation

The *New Bernal Journal* is a member of the San Francisco Neighborhood Newspaper Association

THE BERNAL JOURNAL NEEDS YOUR FINANCIAL SUPPORT

Everyone loves getting a copy of The Bernal Journal at their door, but the sad truth is that as part of a non-profit organization, we just always need funds. Although our advertising income covers part of our costs, expenses just keep coming. This week the camera broke, last week we had to make some long distance phone calls. You know how it goes. A subscription or a donation of any amount will be most appreciated.

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Mail Box

Dear Editor:

After three years on this hill, I'm still a relative newcomer. But a positive part of the experience is the *New Bernal Journal*. I like your wide scope and progressive tone—you really capture the sense of community here. Of particular interest was the historical section in a recent issue.

Let me address one matter of concern: GRAFFITI. While Bernal Heights suffers less from this blight than other areas, there are chronic tag sites all along Cortland and Mission streets. Graffiti is vandalism, plain and simple—ugly and degrading to us all.

But it's an easily solved problem. No, really! So many of today's social ills defy solution—people tend to throw up their hands in despair. They shake their heads and mutter about “these kids”, but graffiti is completely controllable. Here's how:

First, forget the taggers—don't worry about catching them, don't bother wondering why they do it (unless they're your kids—then worry).

Second, paint over it! Paint it out IMMEDIATELY,

as soon as it hits. You think they'll only tag again? Well, paint it again! And again and again, as often as necessary. Who's in charge here—you, or the idiot with a spray can? It's territorial: assert yourself and win. If the tagger can paint, then you can paint. When each homeowner on the hill paints out just ONE tag, Bernal Heights will be virtually graffiti-free.

There are already a few anti-graffiti activists out there, but we need more. If the store you shop at is tagged, tell the owners, and bug them until they fix it. Are you a renter in a tagged building? Tell your landlord and offer to help with the clean-up. If the landlord is useless (it happens), just do it yourself.

Together, we can stop the graffiti problem right now. The first tag you see today, as you step out of your house, just say “You're history!!!”, and then go paint it out this coming Saturday morning.

By the way, property values are higher in a graffiti-free area. Have I got your attention now?

Avery St. Clair

Howdy!

I'm sending you \$7.50 for our subscription. I also want to tell you of my activity as a sidewalk astronomer. I bring my telescope out to Mission at 30th to give people a view of Jupiter and its moons. I point it to the moon and the great Nebula of Orion and what ever else happens to be dancing above on that particular night. I'm submitting a note to the Chronicle outdoor section stating that I'll be at the Kingston St. Stairway, one block East of Mission near Cortland, clear Friday nights for an hour or two beginning half an hour after sunset. Eventually, I'd like to move up to the Bernal Community Garden.

Sincerely yours,
Tom Kellogg

Editor's note: What a great idea! Look for an interview with Tom Kellogg in the next issue of the Bernal Journal.

PARKING AUTHORITY HOLDS PUBLIC MEETING AT ST. ANTHONY'S

San Francisco Parking Authority Chairman, Todd Dickinson, has announced that the Authority will hold its regular April meeting in the Mission/Bernal Heights area. The meeting is scheduled for 9 a.m. on April 13 at the Parish Hill at St. Anthony's Church, 3215 Army Street.

It is the third consecutive month the Parking Authority has held its regular meeting in a neighborhood area of the City.

In addition to the regular agenda individuals will be given the opportunity to speak on parking problems and concerns in general, and in the Mission/Bernal Heights area specifically. All interested parties are encouraged to attend and participate in the meeting.



Arthur Kalson with his daughter Ruby and wife Cathy Bremmer. (Does Cathy look familiar? She's the head librarian at our Bernal Heights Branch.)

Arthur B. Kalson Becomes New Bernal Journal Editor

Arthur Kalson will be the new editor of the *New Bernal Journal* beginning with the June/July issue. Arthur is a long time Bernal resident and he and his family are very involved in community activities. He is even a Volunteer Columnist for this daughter's school newsletter! Arthur has a broad range of experience in all phases of journalism and the paper will no doubt benefit from his experience.

Gail Corbitt, the editor for the past year, is leaving to pursue other interests, but is planning to remain very involved with the paper. She will continue to serve on the Advisory Board and will be a regular contributor.



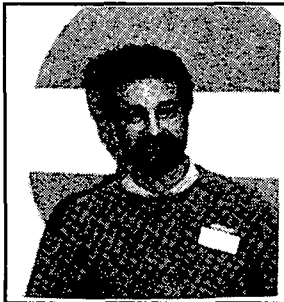
An eager group of Bernal Journal Distributors!

Community Congress a Winner!...

continued from page 1

Five current Board Members were re-elected to another term. They are:

Steve Antonaros: Steve is the current Board President, and as he stated, "My main area of interest, as an architect, has been - and continues to be - community participation in planning issues. Specifically I want to see more direct involvement and control over new development by the local residents. I want Bernal residents to get involved in both affordable housing and proposing new uses for existing commercial areas to increase jobs locally and address the needs of our youth."



Diane Ross: Diane has lived in Bernal Heights for seven years, and has served as Treasurer, Chair of the Outreach Committee, and coordinates the hill-wide distribution of the Bernal Journal. Diane stated: "I want to see Bernal Heights continue to be a place where people of all races, ethnicities and incomes can live."



Tim Molinare: Tim has been a resident of Bernal and a member of the BHCF for eight years. He is currently the Vice-President and is committed to working to preserve the diverse ethnic, economic and architectural character of Bernal.



Irene Thompson: Irene has lived in Bernal for six years, and stated: "probably soon to be displaced by housing crunch and therefore acutely aware of affordable housing needs." Irene has served on the East Slope Design Review Board and Capital Improvements Committee, and is committed to serving "youth and families, lovers of open space, people who need housing, and those who may feel unrepresented in Bernal Heights."



Lee Egger: Lee is a lifetime resident of Bernal, and is an active member of the St. Anthony's Parish. She also serves on the Coleridge Park Homes Management Advisory Committee and is very concerned about better serving older residents of our community.



Continuing their terms on the Board of Directors are: Pattie Bartlett, Secretary; Gerald Whitehead, Treasurer; Cristina Majewsky, Chair of the Neighborhood Center Committee; Teresa Mejia, Chair of the Hispanic Outreach Committee; Lisa Steadman, and Marcie Wilson. Sister Janet Simmons chose not to run again, and we want to thank her for all she has done (and we know will continue to do) for the Bernal Heights Community Foundation.

The Board meets the third Monday of every month, and all meetings are open to BHCF members and the community at large. The next meeting will be on Monday, April 17th, 7:00pm, at the Neighborhood Center, 515 Cortland Avenue (across the street from the Library).



The newly elected 1989 Board of Directors for the Bernal Heights Community Foundation.

Action Plans for 1989

This Congress we focused on three critical areas in the community: (1) Affordable housing and planning, (2) Youth Programs, and (3) Hispanic Outreach.

The overwhelming consensus in the Housing Workshop was the need to strengthen and enlarge our rehabilitation program to keep people in their homes. In regard to new affordable housing sites, the four proposed sites were actively discussed, namely: Farmer's Market, College Hill Reservoir, Bernal Gateway (Mission/Army), and East Slope. (For a complete description of this workshop, please see Housing and Planning Discussed at The BHCF Congress on page 5).

Regarding the Youth Workshop, the main action plan is to continue our work at Alemany by securing more tutors and volunteers before branching out to the Neighborhood Center. The Outreach Committee will have a discussion about career and educational opportunities for youth, which should be publicized throughout the neighborhood. The Great America summer jobs program was discussed, as well as the need to do more community and foundation fundraising. It was agreed that a BHCF staff person be assigned to work with the Outreach Committee to work toward a focus group for all minorities at the next Congress.

The Hispanic Workshop discussed housing, education, health, immigration, and employment issues, including how to create a Co-op to help people get jobs. They were also concerned about Hispanic people knowing their legal rights in areas such as tenant/landlord, and job situations. They want to see an ESL Class at the Bernal Heights Neighborhood Center as well as a Bilingual staff person who can help the 30% of Bernal residents who are Hispanic.

After the Workshops concluded and the results reported to the Plenary Session, a delicious Pot Luck lunch was consumed heartily by all. Large thanks go to all the neighbors who took time to attend and participate in this important community meeting. Let's move forward to an even better, bigger Congress in the fall.

The Bernal Heights Youth And Outreach Workshop

by Bennie A. Smith

The Bernal Heights Youth And Outreach Workshop members were seriously concerned about the many problems facing youth during the meeting. Those in attendance of the discussions agreed to concentrate more effort to develop youth related activities in Bernal Heights. A proposal has been prepared for a grant, and the funds will go directly toward activity expenses and a Youth Coordinator for the Bernal Community.

A Bernal Heights Student Council will be established for the purpose of increasing education awareness. Moreover, the career development department of City College of San Francisco will be conducting career orientations which are designed to make youth more aware of the worthwhile opportunities in getting a college education. The discussions continued with many proposed ideas in the Bernal outreach effort and these discussions will certainly continue on a monthly basis. Reaching the children while they are still open to constructive ideas will be educationally approached. The purpose of education is to raise the youths' intelligence to the many possibilities of life. Unfortunately, negative factors have been known to distort positive efforts in communities such as Bernal Heights. Through united steps, the negative factors that have hindered children in Bernal Heights will realize that love and care make a unique difference. Bad attitudes, bad words, and drugs will not destroy the motivation and intelligence of the kids of the Bernal Heights.



Staff Members Mary Franklin and Anthony Singleton.

State of the Neighborhood Speech

BHCF Third Annual Congress, March 11th, 1989

Helen H. Helfer
Executive Director

I want to join Steve in welcoming you to this, our Third Annual Community Congress. My comments will be brief, but I want to take just a few minutes to describe the "State of the Neighborhood," and what we, at the Foundation, are attempting to do to better meet the needs of people living throughout our community.

Bernal Heights covers an area of one square mile, and holds approximately 22,000 residents living in 8,500 homes.

Bernal Heights includes virtually all ethnic and racial groups - White (52%), Hispanic (32%), Black (10%), and Chinese, Japanese, Filipino, and Native American (5%). The Hill also has a growing population of recent Central American refugees.

Housing on Bernal Heights is evenly split between owners (52%) and renters (48%). There are two public housing developments in Bernal: Alemany with 157 units, and Holly Court with 117 units.

Bernal Heights has a long history of fighting to maintain its mixed income, mixed ethnic character in the face of public and market forces. Neighbors organized and defeated an effort in the late sixties and early seventies to declare one-third of Bernal a redevelopment area. Residents also defeated a plan to open the park on top of the hill to commercial and market rate residential development.

Gentrification and market forces have proven more difficult foes. Home prices have increased eight times since the early seventies. The lowest priced house on Bernal now sells for \$190,000, and most well above that. Rents have increased drastically. Although neighborhood improvement efforts of the Bernal Heights Community Foundation have helped preserve housing on Bernal and provided critical services to families and seniors, we know

much more needs to be done.

Let me briefly highlight some of what we have done and continue to do:

* We are sitting in a building which we proudly own, and which not only serves as our headquarters, but is used by a wide variety of community groups, including: NW Bernal Block Club, Narcotics Anonymous, East Slope Preservation and Design Review Committees, and the Community Boards. We also rent space to a very successful Headstart Program next door which serves 20 low income families.

* In 1985 we constructed the Holladay Avenue Homes, four limited equity homes that enable low income families to become homeowners.

* We are now coming to completion on the Coleridge Park Homes, over the Standard Brands Paint Store on Mission Street. With Bridge Housing Corporation, this project will provide 49 units of low income senior housing, including a community park. Completion is scheduled for June of this year.

* Mike Noon, Director of our Housing Rehabilitation Loan Program, has renovated over 60 homes with over \$1,000,000 in deferred payment loans. This is a very important program in helping to keep Bernal affordable and maintain low income residents in their homes. Mike is currently pursuing an 18-unit apartment complex adjacent to Coleridge Park Homes for possible purchase and/or rehabilitation.

* With grants from the National Endowment for the Arts and the Mayor's Office of Housing, we have hired two consultants, Paul Turner and Caru Browns. Paul has been actively pursuing new potential sites for future affordable housing developments in Bernal Heights, and Caru is working with us on the Farmer's Market site.

* Vicki Victoria, our Senior Program Director, is in charge of our daily Senior Lunch and Activity Program

which serves hot lunches to 50-60 seniors, as well as provides on-going educational and social activities, and important information on a wide variety of services for seniors.

* Our new Youth Organizing Project just got underway in January in the Alemany Public Housing Development. Anthony Singleton, our Youth Organizer, is working closely with the Alemany Tenants Association, Tutorial Program, and Mission Hiring Hall's Apprenticeship Program to develop programs for the youth and young adults at Alemany.

* We are currently putting together our second Great America Youth Employment Program. Last year over 30 youth from Bernal and neighboring areas were transported daily to Great America from our Center for summer jobs paying above the minimum level.

* Last but not least is the *Bernal Journal*, our bi-monthly neighborhood newspaper distributed by 50 volunteers to over 8,000 households on Bernal. This vehicle is the most important way we communicate our programs to Bernal residents as well as learn what is happening throughout the neighborhood. The April 1st issue will be Gail Corbitt's last - although she'll still be on the BJ Advisory Committee.

There are three program voids we must fill in the coming year if we are to meet our community's mandates for the '90's:

1. We need a Community Organizer to assure that the city's plans for affordable housing, as well as our own, are understood and implemented jointly with the most affected neighborhood residents.

2. We need an Hispanic outreach worker to work with the hundreds of new refugees from Central America as well as the other Hispanic residents in our community who need services and are not getting them.

3. We need more funds for the Youth Organizing program at the Alemany Housing Development, and we desperately need a Youth Organizer at the Neighborhood Center as well as Holly Court.. I don't want us to focus our attention solely on crime and crack, but rather jobs and more educational opportunities for our youth and young adults.

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CLOSED SUNDAYS

HOUSING AND PLANNING ISSUES DISCUSSED AT THE BHCF CONGRESS

On March 11, 1989, the 3rd annual BHCF Community Congress included a workshop on the issue of affordable housing and community planning in Bernal Heights. The workshop was led by the BHCF Board President Steve Antonaros and by Planning, Housing, and Development Committee Chairperson, Tim Molinare. Tim started the meeting with a brief history of the accomplishments and current activities of the BHCF related to affordable housing. He discussed the housing rehabilitation loan program and the new construction going on at the Coleridge Park Home Site. Amy Love gave a short update on the Bernal Heights Rezoning legislation. She said that their committee would be having a large public meeting some time soon. Many people are concerned that the rezoning would make it difficult to expand their homes.

There were about 45 people attending the workshop



Teresa Mejia, Chair of the Hispanic Outreach Committee, addresses the Congress.

which shows great interest in affordable housing and community planning among the residents of Bernal Heights. Steve gave a presentation and a slide show about four proposed sites where it may be possible to build new affordable housing. The first site was the Farmer's Market on Alemany Boulevard. Steve made it clear that any plan for housing would need to accommodate the Farmer's Market and the Recycling Center. The issue of traffic was foremost in the minds of the people in attendance.

The next site is the vacant land near the corner of Army and Mission. This site is called by some of us as the "Bernal Gateway." Steve explained that the site would be a good as a place to build housing but it will be difficult to get the owners of the property to sell.

The third site was the East Slope of Bernal Heights. Several members of the East Slope Preservation Committee expressed concern that that area will be difficult to build on and that open space should be kept undeveloped. There is some mistrust on the part of the neighbors because they feel that the BHCF's desire to build affordable housing could lead them into pushing a project that the neighbors do not like. Steve and Tim said that they have no intention of trying to build a project that would not be in character with the East Slope.

The last project was on the Coleridge Hill Reservoir near Holly Park. This consists of a small plot of vacant land and a large parcel which contains the reservoir. Although there was some speculation that the project could take as much as 10 years, others felt the development could be accomplished much sooner. The reservoir happens to be at the same elevation as the now empty Balboa reservoir near City College. The fact that housing cannot, by vote of the people, be built on the Balboa Reservoir site brings up the idea that the housing should go in Bernal Heights and the Water Department can build their reservoir at Balboa.



Alta Faye Scales, President of the Alemany Tenant's Association.

The people in attendance made one thing perfectly clear: It is important to rehabilitate existing housing before trying to create new housing. It was pointed out that the Holly Court Housing Project has boarded up units that must be opened to those who need housing. Tim proposed that if we combined a rehabilitation project with a new construction project, we could bring in a new influx of money that may not be available for a rehabilitation project on its own.

The meeting ended with an assurance that all on the sign up list would be notified of the next Planning, Housing, and Development Committee meeting. Tim said that it's up to the residents of this community to get involved to help see that the good ideas of the workshop do not get lost. To get involved in this effort, please contact the BHCF at 515 Cortland or call 648-0330.

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MEET THE NEW CHILDREN'S LIBRARIAN: DOROTHY COAKLEY

Cathy Bremer, the head of our Bernal Branch Library, has asked me to write something about myself for this issue of the *Bernal Journal*. I've been the children's librarian for the branch since the middle of November and even though I may not have met you yet, the odds are good that I know your children! Before begging to become the librarian at Bernal, I was at the Main Children's Room. I entered San Francisco Public Library as the children's Librarian for the Blind on Sacramento Street.

Let me tell you a bit about what we are planning to do with the children's section of the library between now and summer, and also about some of the fun activities and programs that will be coming up. We've changed the tables around to make room for a "reading center" for preschoolers where they can use board-books and picture stories in their own little area. We've made space on the tables for older kids to do their homework and have begun setting up a "crafts table" for book-related projects. Last week at our Wednesday Night Story Hour we did family stories in which each family told one of the tales told to them by an older relative. One family escaped from Russia in a bear rug on a sleigh, another grandmother returned to Italy after being born in New York and only returned as an adult. A third grandmother ran a saloon. It was fun - the kids enjoyed it, and you too could have told a tale had you been here with your children!

Family Storytime is every Wednesday night at 7 pm.

We have gotten new boardbooks in Spanish for babies; we have new books about Dwight Gooden, various presidents and a book about haunted house jokes. There's a book here for everyone and maybe even for you if you like to eat, joke, or sew.

Valerie Collins, a wonderful actress and Bernal Heights native, will be here on April 12 at 7 pm to entertain our Wednesday evening crowd. Katherine Gilmartin will tell stories on Wednesday, May 24th at 7:00. I've heard a rumor, (probably true), that the summer reading program will be about mythology.

I'm very excited about being at Bernal. It's the most



Children's Librarian Dorothy Coakley reads to (left to right) Tanera Daye, Sara Klehn and Dario Abrankiehn

dynamic neighborhood in San Francisco. Vivian Sykes was an excellent children's librarian and I hope to continue the tradition of community outreach and activities which she and Cathy started. Please stop by for a book, a smile or a library card...I'll be happy to meet you.

Archbishop Quinn Urges Bush to End Salvadoran Aid

San Francisco's Archbishop John Quinn urged President George Bush to end all war-related aid to El Salvador in a letter decrying intervention in that Central American country.

Quinn said that escalating violence — which is increasing at an alarming rate against religious organizations — calls for an urgent reexamination of U.S. policy in El Salvador when Congress meets next week to hear matters of Salvadoran aid.

"More than 70,000 Salvadorans have been killed," wrote Quinn, "We are acutely aware that most of these killings were perpetrated by secret death squads, working the darkness of night, spreading terror everywhere..."

Nearly 80,000 Salvadoran refugees now reside in the San Francisco Archdiocese.

Newman/Bennington Neighborhood Becoming S.A.F.E.

by Lynn Scott

The neighbors in the blocks on each side of the Newman/Bennington streets crossing have been holding meetings since last spring to qualify for the help offered by Safety Awareness for everyone, a service organization that offers guidelines and facts to keep our smaller communities safe and harmonious places in which to live—whether we are elderly, have young children, travel a great deal, or have special problems needing solutions.

Although our original gatherings were begun because we were concerned about thefts, they have led to closer ties through two potluck suppers and efforts to solve irritations that arise from animals, excess noise, parking problems, and debris. We are now gathering block profile questionnaires, designed by one family, that will give us all information about our neighbors' cars, pets, emergency telephone numbers, names and ages of house occupants and work schedules. It is our intention to become a more caring and safer neighborhood that we call home.

We invite each small neighborhood to join S.A.F.E. (673-SAFE) and network with us new ideas and solutions to the issues that we face together.

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THE LEGUMES OF BERNAL HILLTOP

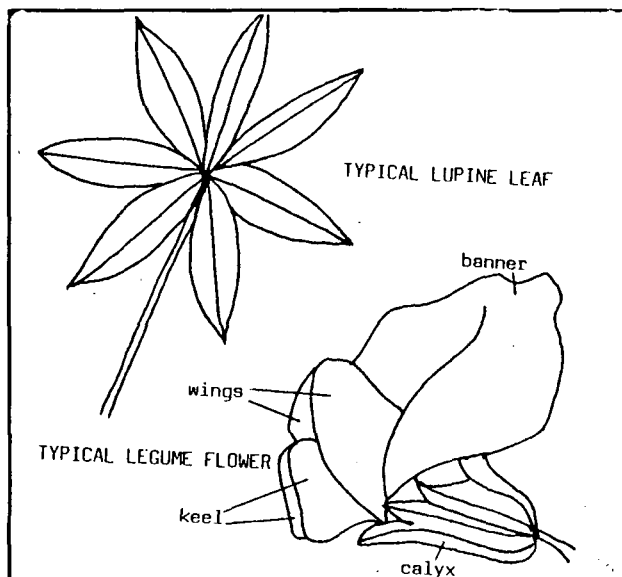
by Barbara M. Pitschel

Once again we are enjoying the height of the spring flowering season, so it seems appropriate to write about some of the hilltop plants. Next to the grasses (family *Gramineae* or *Poaceae*) and the composites (*Compositae* or *Asteraceae*, the sunflower family), legumes, which are plants in the pea or bean family (*Leguminosae* or *Fabaceae*), constitute the most widely represented group on Bernal.

This family is especially interesting because most of its members are involved in a mutualistic process called nitrogen fixation. Nodules on the roots of legumes are inhabited by bacteria which capture free atmospheric nitrogen and convert it to compounds needed not only for the legume's fertilization but also for enrichment of the surrounding soil.

Native legumes on Bernal include three species of lupines. *Lupinus arboreus*, a yellow-flowered perennial shrub, grows only in one small area on the north slope east of Folsom Street. *L. variicolor*, a small lavender-flowered subshrub, woody at the base, is found throughout the west end of hill. Patches of the small blue and white annual, *L. bicolor* var. *umbellatus*, are widely distributed on the hill and can be seen between March and May. You can tell whether or not lupines have been pollinated because, after fertilization, the intensity of flower color fades. Lupines are easily recognized by the combination of pea flowers and distinctive leaf shape, in which numerous leaflets (usually more than five) radiate in a whorl from the leaf stem. (See illustration.)

Many other leguminous plants have leaflets in groups of three, like a three-leaf clover. There are, in fact, several native clovers growing on Bernal. The one most commonly seen is *Trifolium tridentatum*, with reddish-purple flowers, but *T. amplexans* var. *truncatum* and *T. depau-*



peratum are also seen occasionally. Do not confuse the weedy *Oxalis pes-caprae* (sour grass or sorrel) with clovers, despite the clover-like appearance of its leaves. It belongs to an entirely different family from the legumes. *Otus scoparius*, a native ground cover with small yellow and orange flowers, grows on steep cuts and is ideal for erosion control.

Not all the legumes on Bernal are our friends! Some species are escaped exotics, originally introduced as garden plants but now extremely invasive outside of cultivation. On Bernal these include infestations of *Cytisus monspesulanus* (French broom) and *Albizia distachy* (an acacia- or mimosa-like shrub from a different legume subfamily without pea flowers.) Bernal Revegetation Project work parties are vigilant in keeping these weeds under control. Recently one plant of the super-invasive *Ulex europaeus* (gorse) was found on Bernal. It is essential that gorse be

eradicated immediately, because thorns make it difficult to remove once established.

Join Bernal Hilltop work parties on the third Sunday of each month and let us help you learn to identify the plants there. Meet at 11 a.m. at the entrance to the phone company road on April 16 and/or May 21. For further information contact me, Barbara Pitschel, at 282-5066.

NEW AIDS STUDY

by Barbara Garcia

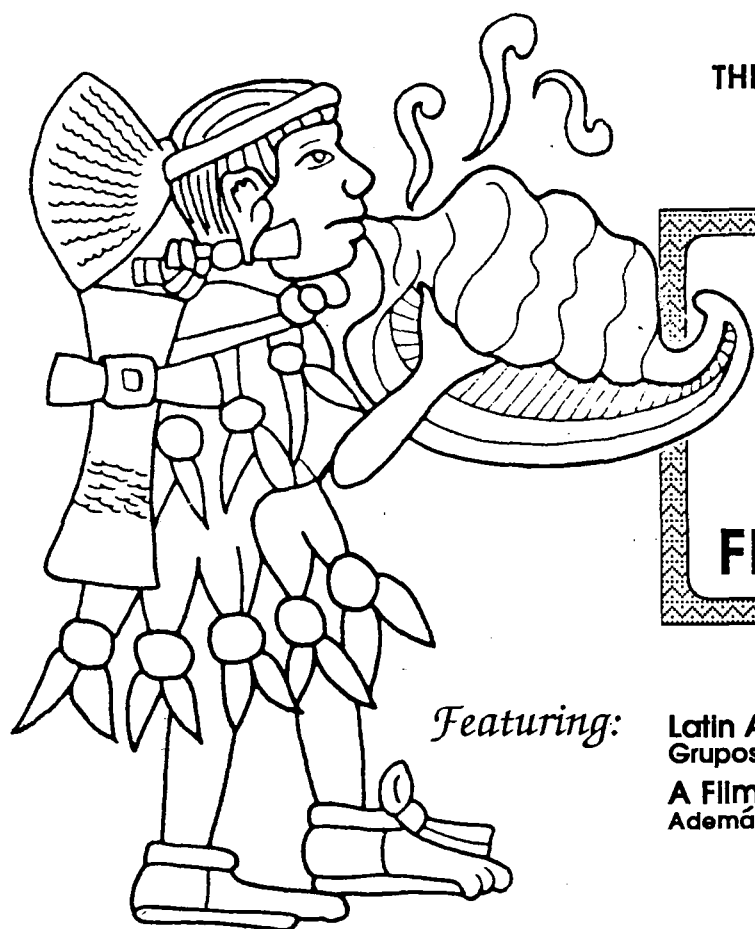
Using stored blood specimens from as far back as 1978 researchers find that 9.8 years after exposure to the AIDS virus 50% of infected people will develop the clinical disease. It was previously thought the 7-8 years was the average time from infection to AIDS diagnosis.

This new study, of San Francisco male homosexuals, was done by UC-SF researchers, Andrew Moss, PhD and Peter Bacchetti PhD at S.F. General Hospital and reported in the March 16, 1989 issue of the British scientific journal *Nature*.

The study also predicts that new AIDS cases among SF gay men will peak this year and begin declining by as much as 15% by 1991. This decline is due to a dramatic drop of more than 80% of new infection in 1982-1984. During this time men testing positive dropped to less than 50 per month from a high of 450 per month in mid-1982.

Although not a part of the study, it appears that the all-out effort of the gay community to educate themselves and others played a crucial role in the decline of new infections.

At the same time the rate of new HIV infections in gay men is dropping the rate of AIDS diagnosis among S.F. drug users is rising rapidly. One implication of the current research is to focus more attention on this second high-risk group.



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BERNAL YOUTH FOCUS



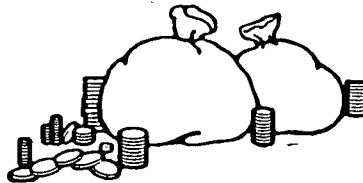
This July, gather the kids and participate in the St. Kevin's Summer Program. Beginning July 5, kids from grades 1 to 8 who register in the Program will be involved in a number of exciting activities which include arts and crafts, community gardening, recreation games, performances (dance, etc.), and trips outside the city, including GREAT AMERICA and a visit to the California State Parks tidepool and reptile exhibition.

The St. Kevin's

Summer of Love
Program Is Back!

Also, the parents and youths of Bernal Heights are invited to teach a variety of creative classes (Do you have a special talent that you'd like to share with the Program?) or to assist the other parent volunteers in preparation and teaching. And, of course, the Program needs teen counselors to help the kids inside and outside the classrooms.

This is going to be a FUN, FUN, FUN summer at St. Kevin's, so if you'd like to register your child/children for the Program, assist the teacher, be a teen counselor, help organize the FUN, or actually teach a class, please contact the St. Kevin's Rectory at 648-5751, 704 Cortland Avenue. We are waiting to hear from you! (Registration forms will be available in late April).



Aleman's MVP- Most Valuable People

By Earl Chase

Those of you who have an unfulfilled need of teaching may want to come and explore with our sessions in tutoring. For further information, our Tutorial Coordinator, Earl Chase, can be contacted at 282-9153 or 641-1116 for specific times and types of volunteering to be done. Now is the chance for those of you who have expressed a previous interest.

We are the Aleman's Most Valuable People:

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Alexis Arkusar	Leona Gaines
Tiffany Banks	Clancia Gape
John Bans	Lloynisha Gape
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Howard Benjamin	Marsha Gonzales
Steven Benjamin	Anthony Greene
Deshawnd Bennett	Delvano Hadley
Elwood Benjamin	Trevor Hamlin
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and the MVP tutors:

Allan Frank
Kathy Foshay
Cathy
Susan
Alice
Anthony Singleton
Earl Chase (coordinator)

**Tutoring Sessions are Monday,
Tuesday, Wednesday, and
Thursday. See You There!**

What every kid should know:

ENTERPRISE \$\$\$ FOR HIGH SCHOOL STUDENTS

Jeff was nervous. Never in his life was he faced with such a dilemma. Here he was at the ENTERPRISE office for his very first interview. But nervousness was not all that was felt. When asked how things were going at home, there was a pause, and tears welled-up. Jeff swallowed, and finally started talking about the grim life alone with his unemployed, alcoholic father. It was obvious how important it was for him to find part-time work--not for movies or tapes, but to help pay the rent. Within a week, with the help of ENTERPRISE, Jeff was working three days a week, two or three hours at a time. He is now making it in this world.

The successful outcome of this story is what makes ENTERPRISE FOR HIGH SCHOOL STUDENTS an indispensable community resource. Founded in 1969, the agency provides job referral services and offers several innovative apprenticeship programs to San Francisco high school students like you and me. This year, the nonprofit, volunteer agency celebrated twenty years of service and a fine record of accomplishments such as more than 1500 student job and apprenticeship placements in 1988 of which 70% of the students were minorities.

However, acceptance as a job seeker at ENTERPRISE is not automatic. Every applicant must enroll in a job search skills workshop, obtain references from a teacher and counselor, interview at the agency, and once on the job, be assessed by the employer -- all the ingredients of real job hunting.

Also, besides from the referral services and initial job search skill workshop, an advanced workshop in learning basic communications and interview skills and catering teaching workshop are available also along with the spring/summer apprenticeship program mentioned earlier.

ENTERPRISE FOR HIGH SCHOOL STUDENTS offers us teenagers a wide range of opportunities. Becoming a wage earner alleviates some of our economic pressures and makes school-life a little easier. Developing confidence in our abilities makes it easier for us to choose between becoming responsible, productive kids at work rather than losers "on the streets." Twenty years of volunteer and staff effort have created an agency where San Francisco teenagers can find their own opportunities.

For information, please telephone 415-921-6554 or see your school counselor.



Especially for parents:

Late Breaking News in the WORLD of SUMMER FUN \$\$\$

Recreation And Park Department Summer programs for preschoolers and school age children: 10-1 p.m. Monday-Friday (lunch included)

*Monday- reading program

*Tuesday- arts and crafts

*Wednesday- outings for school age, outdoor play and arts and crafts for preschoolers

*Thursday - outdoor play, gardening

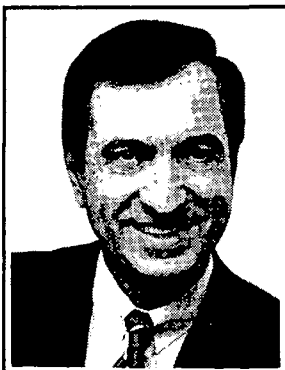
*Friday- active play, physical activities and games

Call Lisa Steadman at 550-0529 or James Threat at 285-6252 for more information. Programs will be held at the Bernal Gym building in our library playground between Moultrie-Andover on Jarboe Street.

FROM THE MAYOR'S OFFICE

The Business of Government

by Mayor Art Agnos



This year I am making it a priority to spend more time in the neighborhoods exchanging ideas with the people who don't have the time or inclination to track me down at City Hall.

One thing I've learned during my first year as mayor is that groups that claim to speak for the people often represent narrow interests. Yet those are the voices that fill the mainstream press and are allowed to shape media debate on key issues.

As a liberal, I believe in an activist government whose role is to assure citizens a fair opportunity to successfully complete on a balanced playing field in peace and dignity. When that is denied people, government should recognize the problems and try to solve them.

But in the era of tabloid TV, problem solving is sometimes considered boring. Consequently, basics, such as the budget, are not generally covered in depth or in context.

The source of what makes its way into columns or onto the television screen is often a spokesman for a special interest or an office holder seeking publicity and/or confrontation.

Take, for example, reports on the condition of the local economy. According to some business groups and editorial writers, San Francisco has an anti-business climate that is driving companies out of town. In fact, no major company has left the City in the past year. Local corporations are showing record profits. We have the highest rate of small business success in the entire nation.

Far from being in a decline, San Francisco continues

to rank number one in the land for venture capital. Our retail sector is strong. Our unemployment rate is under 4 percent.

United Airlines studied our market and economy and decided to make San Francisco its major hub for the Pacific Rim. That decision will add \$100 million to the Bay Area economy and provide 1650 jobs. Of course, before we authorized the United expansion we insisted that all planes in the United fleet be phase three construction, the most quiet aircraft available.

You see, we liberals are convinced that we can accommodate business expansion while still retaining environmental standards. In some quarters that conviction is seen as anti-business.

My administration is making a concerted effort to attract the kind of businesses that will keep our economy vital without destroying the quality of life for residents.

We are working with success to encourage the film, fishing, fashion, and tourism industries—industries that provide jobs for local residents.

During the last couple of months I have personally visited Parkside and the East Mission, Telegraph Hill and Duboce Triangle to talk to neighborhood residents directly. The residents I spoke with shared my belief that livability should not be sacrificed to satisfy the desire of some business interests for unfettered office development or reduction of environmental protections.

Overall prosperity is a crucial component of livability, so economic development will continue to play an important role in my administration.

But I don't share the conservative view that the business of government is business.

Our energy has to be directed toward addressing human needs: Fighting the AIDS and crack cocaine epidemics and helping the homeless.

Those crises are everybody's business.

This is the first of a regular column that Mayor Agnos will write exclusively for the San Francisco Neighborhood Newspaper Association, a group of eleven neighborhood newspapers to which the New Bernal Journal belongs.

History Buffs Alert!

The Bernal Heights History project needs your help. Photos, stories, and reminiscences about the hill are needed. Come to our meetings the first Wednesday of each month at 7 pm in the Library. Don't want to go out at night? Arthritis acting up? Too busy? Call us, we make house calls. We're happy to come to your house to hear your story. Bill Cassidy at 824-8474 or Mary Dierickx at 826-0704.



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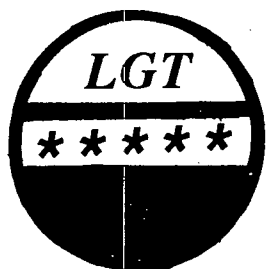
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Jessica Murray's



Astro-rap

The big news in the solar system is this: Saturn and Neptune are together again. This conjunction happens only once in 35 years, and astrologers see it as one of the critical links in the chain of celestial developments making the early 1990's so important.

Institutions having to do with money and other material resources will be subjected this year to a massive meltdown. For observances of the world economy this comes as no surprise. Our spending as a nation has broken ties with reality and our understanding of global resources has become so skewed that only something major will be able to right the balance. Whether or not this takes the form of an economic depression is not written in the stars. What is written up there is rather the symbolic meaning of the times we are now in: Saturn has to do with responsibility, Neptune means illusion, and Capricorn governs worldly institutions. This year will be a time of collective disillusionment with the irresponsible aspects of governments and financial structures, one which will manifest in each of our lives in a unique way—more disturbingly for those who are the most strongly gripped by materialism.

The conjunction peaks in November when Jupiter opposes it in the sky. The early months of next year will reveal whether we as a culture and as individuals have mastered the Saturn-Neptune lesson: that everything in the material world is an illusion, but we must act responsibly with it anyway.

Jessica Murray is an astrologer who lives in Bernal Heights.

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SFNNA, 3225 Fillmore Street
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Resident Manager

Bernal Senior Housing Corporations is seeking a resident manager for Coleridge Park Homes, a new, 49-unit housing complex for seniors and disabled in Bernal Heights. Previous management or related experience required. Resumes and salary requirements to Lynn Simon, Bridge Property Management Co., 82 Second Street, San Francisco, Ca. 94105.

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PHARMACISTS BAND TOGETHER TO EDUCATE CONSUMERS ABOUT CHOLESTEROL

Pharmacists around the country will soon be offering consumers information and advice on cholesterol, thanks to a newly-formed council designed to bring pharmacists into the health campaign.

The Pharmacy Council on Cholesterol, formed by ten professional pharmacy and two consumer-oriented organizations, plans a campaign to educate pharmacists so they in turn can advise the public about the potential danger of high blood cholesterol.

An estimated one quarter of all Americans have cholesterol levels elevated enough to put them at high risk of heart disease, the number one killer in the United States. Another one quarter are considered borderline-high cases. Coronary artery disease is responsible for nearly 30 percent of all deaths each year in this country.

Pharmacists are in a unique position to educate the consumer, says the Council's acting director Linda R. Bernstein, PharmD, associate clinical professor of clinical pharmacy at the University of California, San Francisco. They are very accessible to consumers, and with their expertise on drugs such as the frequently prescribed cholesterol lowering drugs, they are an excellent resource to patients.

"With the help of the Council's educational programs," Bernstein says, "pharmacists will become active players in the battle against cholesterol."

For more information please call acting director Linda Bernstein, PharmD, at (415) 476-1810.

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Wedding Announcement

E. Eugene "Gene" Chase, eldest son of Earl Chase, and Laura Connell were married March 11, 1989 in Pebble Beach. Gene grew up in Bernal Heights and is active in the community. He was one of the first youth panelist on the community on the Community Board. Gene was active in the Northwest Bernal Block Club and worked on the creation and completion of the Esmeralda Mini Park on Esmeralda and Winfield. His bride, Laura, is the daughter of

Mr. and Mrs. T. Connell. Laura's maternal grandmother is Mrs. C. O'Connor, who is a Bernal Heights resident of 62 years. Laura is studying for her nursing degree.

Best Wishes to both of you!



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Alemany Notes

by Barbara Garcia

In the spirit of the Bernal Heights Community Congress it seems a good time to look back over the past two years, check out the present and think about the future.

In my two and one-half years living in Alemany there have been 4 drug related deaths (that I know about), several raids with undercover cops, guns drawn, talking into their radios as they run all over. Two young men I know (they are so young they seem more like kids) have gone to jail, come home and gone back to jail again.

In my first one and one-half years here there were only 2 tenant meetings but a small group of tenants who wanted to do something for the children formed the Parents Group. They didn't meet regularly and when they did meet it wasn't well publicized but it was this small Parents Group who talked with Buck Bagot, Earl Chase and Jerry Powell about starting a 'teen group.' And it was the same Parents Group who made the first efforts to get EOC baby boxes for families with small children.

So what about the present and the future? The drug business seems about the same. For all the talk about "big money" I don't see any evidence of anyone getting rich. The San Francisco Housing Authority states that 93% of all arrests made on housing authority property are NOT housing authority residents. This figure seems unbelievable, but, if true, I can think of some possible solutions. I'm pretty sure, though, that the problems of drugs will not disappear in the next year. And my two friends will come out of jail, promising it will be "different" this time — I sure hope so.

The Parents Group has fostered a tenant's association with by-laws and regular monthly meetings. The 2 hour

Coleridge Park Update

The Bernal Heights Community Foundation and Bridge Housing Corporation are currently constructing 49 units of affordable rental housing for seniors and disabled persons at 190 Coleridge Street. It is anticipated that this complex, to be named Coleridge Park Homes, will be completed and ready for occupancy by June of this year.

The apartments will be sunny and spacious, with wall-to-wall carpeting and all-electric kitchens. Residents will have easy access to Bernal Heights Center and Meals Program, and will be conveniently located to shopping, commercial services, and public transportation. The develop-

per week teen group is now 5 days a week with tutoring, activities and trips. There is even a paid youth organizer.

And there is more! The last Thursday of each month a group of Alemany tenant volunteers hand out the EOC surplus food boxes for residents in the entire 94110 area. The baby boxes are also being distributed.

The future depends on the people. If we can give enough of our time and energy we can continue to accomplish more.

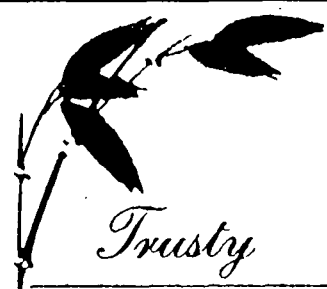
It's not all work and no play. Robert Davis, age 14, and I, with his sharp eyes and my bird book, have identified the hawk that is often seen in the field between the Alemany housing development and St. Mary's Park - it is an American Kestrel.

And last, but not least, there is my anti-gopher plant. It was only 6 inches high when I bought it last year at Sunset Garden Supply. Now it is 5 feet tall (my neighbor refers to it as a tree!), and I haven't seen a single gopher in my garden since I planted it. I have to admit that partial credit might have to go to that big yellow cat who wanders thru' my garden like the big-game hunter he dreams of being. Who cares? Any 6 inch plant that grows into a 5 foot bush in one year is enough to make me happy.

ment project also includes a small park which will be available to the residents and their neighbors on Coleridge Street.

Seventy percent of the units have been reserved for households whose incomes are at or below 50% of the San Francisco median-income limits. A lottery has already been conducted to select prospective residents for these apartments. Applications are now being accepted from one and two-person households for one-bedroom apartments. Eligibility to apply is restricted to those households whose incomes fall between \$18,481 and \$23,800 (one person), or between \$21,121 and \$27,200 (two persons). A priority status has been given to Bernal Heights residents who would like to live at Coleridge Park Homes, and they are strongly encouraged to apply.

For more information and an application, please contact the Bernal heights Community Foundation at 648-0330 or Bridge Housing Corporation at 989-1111.



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by Cathy Bremmer

APRIL EVENTS

Special Family Storytime on April 12 at 7 pm — "Valerie Collins Does Stories"

This will be a special performance for the whole family by the Bernal Heights actress and comedian.

The video presentation/discussion of the Bill Moyers' World of Ideas series continues on April 19 at 7:30 pm with an interview with Noam Chomsky. Local activist, Helen Sobell moderates.

Films for kids on Tuesday, April 18th at 10:30 am and Wednesday, April 19th at 7 pm.

MAY EVENTS

Children's clown and circus films on Tuesday, May 16th at 10:30 am and Wednesday, May 17th at 7 pm.

Katherine Gilmartin, storyteller, makes a special appearance for Family Storytime on Wednesday, May 24th at 7 pm.

Comedy Classic Films for the whole family on Wednesday, May 31 at 7:30 pm: Charlie Chaplin, The Great Gold Rush, W.C. Fields, The Dentist, Laurel and Hardy, Leave Em Laughing.

In addition to these special events, the children's librarian offers:

Preschool Storytime every Tuesday at 10:30 am
Infant/Toddler Lapsit Tuesday at 11:15 am
Family Storytime every Wednesday at 7 pm

Library Hours

Tuesday 10-6 pm
Wednesday 12-9 pm
Thursday 1-6 pm
Friday 1-6 pm
Saturday 1-6 pm

The Bernal Branch Library offers these free services:

- ☞ library cards for use at all San Francisco Public Library
- ☞ use of an Apple II computer and 20 programs including Appleworks, Printshop, Create-a-Calendar
- ☞ use of a manual typewriter
- ☞ access to all circulating books in the SF and East Bay Library system
- ☞ magazines, records and tapes to check out



Kids love to have their Birthday Party at

Morgan's Hot Dogs

Kid's hot dogs only \$1.25

WE SERVE:

- Ice Cream
- espresso
- homemade soups and sandwiches

MORGANS HOT DOGS
436 Cortland Ave. 285-4701

CLASSIFIED ADS

To place a classified ad call 648-0330.
Rates \$2.50 for three lines, 50¢ for each additional line.

RENTAL WANTED: Seeking 1 bdrm. apt. studio or non-smoking household in April. Would prefer a yard, washer, garage. Call Vicki at 648-0330.

Personal income tax preparation. Pick up and deliver for Bernal Heights clients. Reasonable rates. 10 years experience. 333-6657 or 641-4903.

Now buying books--children's books, literature, philosophy, books in Spanish, poetry, travel, local history, Latin American history, gardening, art. **BUFFET FLAT BOOKS** 307 Cortland Avenue at Bocana. 641-8247.

WINDOW REPAIRS. I replace broken glass, ropes, and repotty sashes. Seal up windows, small carpentry and painting jobs. Small jobs OK. Free estimates. I am prompt. City Window Service 337-9327.

CEMENT WORK. sidewalks, patios, and walls. Reasonable rates. Many years experience working in Bernal Heights. Gustavo Alvarez 285-1909.

Two rooms for rent. \$375 mo. includes utilities. Private entrance. Bernal Heights Community Foundation. 648-0330.

HOUSE CLEANING. I am a Bernal Heights resident and will clean your home weekly, bi-weekly, or monthly. I am reliable and hard working. I have references from many satisfied customers. Bernal customers preferred. \$30 for 4 hours. Call Daniel at 285-7470.

CORTLAND LAW OFFICES

Nancy J. White
Attorney-at-Law

303 Cortland Avenue
San Francisco, CA 94110
(415) 641-4023

THE TRAVELING MECHANIC: Tune-ups, brakes, general repairs, foreign and domestic. 15 years experience. All work guaranteed. House calls. \$30 per hour. Giorgio 864-5747.

1967 OPEL KADETT for sale whole or part. Needs rear end. Full records and factory service manual available. 285-5159.

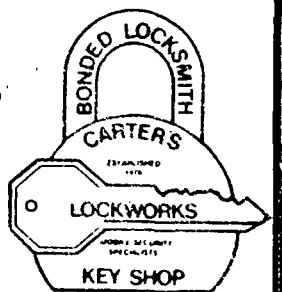
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SAT 11 AM - 4 PM



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ST. KEVIN'S ANNUAL FESTIVAL

MARDI GRAS DAYS

MAY 19, 20, 21, 1989

BOOTHS
GAMES
FOOD

FUN FOR ALL AGES

**PARISH AUDITORIUM
ELLSWORTH OFF CORTLAND AVENUE**

**DOORS OPEN FRIDAY AND SATURDAY
6:30 PM**

SUNDAY 1:00 PM

Art & Entertainment

ON THE HILL



Blue Horses by Vicki Victoria

Art on the Hill

1st Annual Bernal Heights Art Festival!

The hill will be alive with the sights and sounds of the talented artists of Bernal Heights this year in June. The Bernal Heights Community Foundation will host a weekend Art Festival at its Neighborhood Center on 515 Cortland Avenue from June 24 - 25, 1989.

The Bernal Heights Art Festival will unify and showcase the wide range of artistic talents in our Bernal Heights Community. This weekend festival of the visual and performing arts will also be an opportunity for Bernal artists to sell their works or offer their talents

for commission or performance.

Painters, sculptors, quiltmakers, potters, jewellers and other visual artists of Bernal Heights are invited to display and sell their works at the Art Festival. In an effort to allow as many Bernal artists to participate as possible, there will be no entry fee. Poets, actors, comedians, singers, rappers, musicians and other performing artists are also encouraged to celebrate their talents with the Bernal Heights Community. Bernal Heights' Senior Program Director and resident, Vicki Victoria will be organizing the Art Festival. She can be reached at the Bernal Heights Neighborhood center at 648-0330 for more information or for applications to the Art Festival.

Dance Benefit to Stop Nuclear Testing

On April 6, Conjunto Cespedes and the Beat Freaks will perform a benefit to kick off the Bay Area Contingent leaving for the demonstration at the Nevada Nuclear Weapons Test Site. The dance will be held at CESAR'S LATIN PLACE (Cesar has donated free use of Cesar's Latin Palace) from 8:00 p.m. to 2:00 a.m. at 3140 Mission Street. Tickets can be purchased at Modern Times Book Store. Sliding scale from \$7-\$15. For more information call SANE/FREEZE AT 621-0858.

Editor's note: If you haven't been to Cesar's Latin Palace you don't know how much fun you're missing!

Buffet Flat

- April 7 Blues with Chester D 8:00 p.m.
- April 14 Blues with Big Bones 8:00 p.m.
- April 28 Industrial Strength Folk Music/Phoenix Ironworks 8:00p.m.
- April 15 Music for Children with Mark Smith 1:00p.m.
- April 29 Bette Bacon: Storytelling for Children 11 am.
- May 4 Blues with Bone Cootes 8:00 p.m.
- May 11 New Music with Cello, prerecorded tape and tape delays. Original compositions by Hans Christian Reumschussel 8:00p.m.
- May 12 Music for Children 1:00 p.m.
- May 17 Round Robin: A reading of *Ida* by Gertrude Stein 8:00 p.m.
- May 18 Celtic Mayhem with the Bedlem Rovers 8 p.m.

Buffet Flat

307 Cortland / 641-8247

All Events free. Donations accepted

El Rio

- Wednesday Comedy Night 9-11p.m. \$5.00 cover
- Blue Thursdays 9 p.m. to 1a.m. \$2.00 cover
- DJ Dance Music 10p.m to 2a.m. No Cover
- DJ Music, Saturdays 10p.m. to 2 a.m. No Cover!
- Sunday Garden Parties 4p.m. to 8p.m. \$6.00 cover

El Rio

3158 Mission St. / 282-3325

Cesar's Latin Palace

Free salsa dance lessons every Friday night. Admission Free!

April 2, Sunday, Benefit for Amigos of the Americas

April 6 Benefit Dance to Stop Nuclear Testing See the Article Below

Cesar's Latin Palace
3140 Mission St. / 648-6611

Cesar's Latin Palace

The Best in Live Latin Music & Disco Dancing
3140 Mission St. at Army
(415) 648-6611

Cesar's Latin All Star Band

Continuous Dancing until 5



April 89				SAT			
WED THU FRI				Rock & Roll 10-11			
SUN 4 to 8 Stephen Herrick Sextet w/Clairdee Latin Fusion / Pop	Comedy Night 9 to 11 Sandy Van Suzy Berger Ed Crasnick Scott Capurro	Blue Thursday 9:30 to 1 Judy Johnson	5-7 Oysters Dance/Lounge 10-2	1 Muskrats Flophouse	8 Dog Talk Thinking Fellers Union	15 Dot 3 Elephant Man	22 American Music Club Eddie Ray Porter
9 Grupo Sinigual i Salsacional!	12 Marga Gomez Ruby Cooper Josh Kornbluth	13 Curtis Lawson California Blues Band	14 dj Carlos Grant	16 Voz Brazilian and Pop	17 Danny Williams Monica Grant Maria Falzone	18 J. J. Malone	19 dj Peggy Key
23 Candela Salsa	24 Diane Amos Renee Hicks Ngaio Bealum Acqua Williams	25 Crosscut	26 dj Carlos Grant	27 Zsa Zsa House Big Love Reunion	28 282-3325	29 3158 Mission	
30 Brazilian Beat Brazilian Music							

Bernal Heights Senior Program

Senior News

Assistance Available to Seniors

Puzzled by where to go for help or who to call with questions? Here's a partial list of some of the many services in San Francisco available to seniors free of charge or at very nominal fees.

Bernal Heights Senior Program

515 Cortland Ave. (across from the Bernal Library) 648-0330

Daily activities from arts and crafts to exercise to bingo to health education and legal advice presentations. All seniors are welcome and there is no fee to participate in the program. A hot, delicious lunch is served at 12:00 noon daily for just a \$1.25 donation. Van service for frail Bernal seniors is available to and from the center, free of charge.

Free Tax Assistance

Mission YMCA

30th Street Senior Center at 225-30th Street
586-6900

Tax Aide will provide qualified, trained volunteers to answer most questions regarding individual income taxes and help taxpayers fill out their tax forms. These counselors also will provide information of special interest to older taxpayers such as Credit for the Elderly, reporting retirement income, including taxability of Social Security benefits when necessary under the new tax law and estimated tax payments. This free tax service is available until April 17th.

Legal Advice

Mission Community Legal Defense, Inc.
552-3910

Confused about wills? Feel that you have been treated unfairly by your landlord? Call the Mission Community Legal Defense and they can help answer your questions or refer you to a lawyer.

Health Insurance Counseling

Health Insurance Counseling & Advocacy Program
861-4444

Are you confused about Medicare, supplemental insurance, Medicare appeals and record keeping? Health Insurance Counseling is a free service to San Francisco seniors to help them understand these questions and more.

Free Nutritious Foods for Seniors



The Senior Commodity Supplemental Food Program offers a FREE pack of nutritious food commodities each month to eligible seniors. This program is designed to help the seniors with their budget and nutrition problems by bringing additional nutritious food into their homes.

This free food pack contains nutritious food items such as evaporated milk, fruit juice, Farina, egg mix, cans of meat or poultry, canned vegetables or fruit, rice, cheese, peanut butter and honey vary depending on availability.

Approximately one dozen Bernal seniors now receive this free food box with the help of the Bernal Heights Senior Program who organizes the administrative paperwork and Javier Vera, a Bernal resident who unselfishly and thoughtfully volunteers his time to deliver these food boxes to the elderly.

To qualify, you must be at least 60 years of age and be homebound. If you are not homebound, you must be 70 years of age or older. Your maximum annual income must not exceed \$7,501.

Call the Bernal Heights Senior Program to sign up for the food box program and talk to Vicki Victoria or Mary Foy at 648-0330.



ST. KEVIN'S CHURCH

B I N G O

W	EVERY			2-\$250 JACKPOTS!
E	D	N	E	S
N	I	G	H	T
	\$25 FREE GAME	\$150 SOCKOS		
DOOR PRIZES				

CARDS: \$1 each - \$5 minimum

DOORS OPEN 6pm • 1ST GAME 7:30pm

\$100 - 10 games - Good Neighbors
\$150 - 4 games - Good & Good Good Neighbors

ST. KEVIN'S PARISH HALL

ELLSWORTH OFF CORTLAND • 648-5751



Senior Program Easter Boutique - Carmen Morales, volunteer Christine Victoria & Vernon Tarriel.

Sunday Brunch
April 16, 1989
10:30am - 1:00pm
A Delicious Brunch for only \$3.50
what a bargain!
A Fundraiser for the
Bernal Heights Senior Program
515 Cortland Avenue, San Francisco, CA 94110, (415) 648-0330

Bernal Heights
YEAR ROUND APPOINTMENTS
REASONABLE RATES

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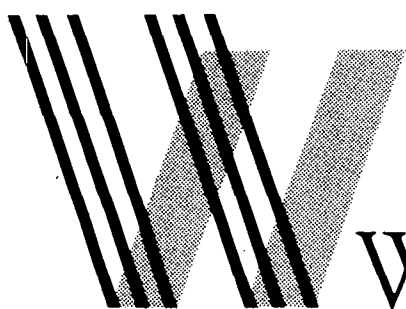
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items limited
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820 Cortland Avenue

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Prices Effective April 1 - 9

We are pleased to accept food stamps

Groceries



TREE SWEET GRAPEFRUIT JUICE 46 oz.	\$1.69
IVORY LIQUID DETERGENT 32 oz.	1.89
C.M.C. B.B.Q. SAUCE 14 oz.	1.19
LINDSAY PITTED MEDIUM OLIVES #303	.99
MOTTS APPLE JUICE 64 oz.	1.69
LIBBY CORNED BEEF 12 oz. can	1.39
LIBBY VIENNA SAUSAGE 5 oz. can	.59
MOTTS APPLE SAUCE 24 oz.	1.09
COCA COLA 16 oz. 6 pack Bonus Pack	1.79
BONNIE HUBBARD TOWELS 2 ply	.69
BONNIE HUBBARD IODIZED SALT 26 oz.	.29
TIDE LAUNDRY DETERGENT GIANT	2.39
GOLD MEDAL FLOURS 5 lb	1.09
BONNIE HUBBARD FRUIT COCKTAIL #303	.79

Meats

GROUND SIRLOIN FAMILY PACK lb	\$1.99
GROUND CHUCK FAMILY PACK lb	1.29
LAMB SHOULDER CHOPS lb	2.69
LAMB ROUND BONE CHOPS lb	2.79
CHUCK STEAKS lb	1.99
BONELESS CHUCK STEAKS lb	2.69
BEEF LIVER lb sliced	.99
PRIME RIB or MARKET STEAKS lb	4.98
NEW YORK STEAKS lb	2.99
SIRLOIN TIP or CROSS ROAST lb	1.99
SPARERIBS lb	1.19

FOSTER FARMS

FRYERS lb	.79
WHOLE LEGS lb	1.09

PORK BUTTS lb	1.59
PORK STEAKS lb	1.98
J.C. BACON lb	1.98
NECK BONES lb	.49
PIGS FEET lb	.49

CIGARETTES (cartons)

KINGS	12.99
100's	13.29

Produce and Dairy

CELLO CARROTS lb	.29
FRESH PARSLEY	5 for \$1.00
HASS AVOCADOS #60 each	.49
TOMATOES lb	.59
LETTUCE each	.49
POTATOES 10 lb	1.69

EVERY DAY LOW PRICES

BONNIE HUBBARD

CELLO BREAD	.59 ea.	2 for \$1.00
SMACK RAMEN	.25 ea.	5 for \$1.00
BONNIE HUBBARD SODA 2 liter	.99	
MI RANCHO CORN		
TORTILLAS	.29 ea.	4 for \$1.00

BERKELEY FARMS

ICE CREAM 1/2 gal.	2.59
HOMO. gallon	1.98
HOMO. VITA 1/2 gal.	.95
NON FAT 1/2 gal.	.89

Liquors

GORDON VODKA liter	\$5.99
ROYAL GATE VODKA liter	5.79
OLD CROW BOURBON liter	7.99
V.O. CANADIAN WHISKEY 750 ml.	8.99
ROYAL CROWN CANADIAN WHISKEY 750 ml.	15.89

BRANDY

E.J. BRANDY liter	\$8.99
KORBEL BRANDY 750 ml.	5.99

BEER

HEINEKEN 12 oz. bottles 6 pack	\$4.59
MOLSON 12 oz. bottles 6 pack	4.59
BUDWEISER 12 oz. cans 6 pack	3.09

WINE

ALMADEN MOUNTAIN WINES 1.5 liters	\$3.99
ANDRE CHAMPAGNE 750 ml.	2 for 5.00
SETTLER'S CREEK WINES 750 ml.	3 for 7.00
LANCER WINES 750 ml.	3.89
BEL ARBRES WINES 750 ml.	3.99